NCNCA Intro E-Racing Series

What is the NCNCA Intro E-Racing Series:

The NCNCA Intro E-Racing series is a set of three races on Zwift that are hosted by the NCNCA. They are intended to bring us together for some friendly competition during this pandemic. The series is meant for all people interested in online racing (experienced Zwifters and complete novices alike). The events will also include an online debrief about the race as well as tips and tricks for using the Zwift platform.

How to register:

Registration will be free and hosted on the NCNCA page linked below. Registration must be done at least 1 h prior to the start of the race. Before registering, you will need to have an active Zwift account, but you will not need a USAC license to register. Upon completing the registration, you will receive a friend request from a NCNCA race leader within 24hr. You must accept and follow back the NCNCA race leader to complete the registration. This can most easily be done by using the Zwift companion app. Two days before the race, registered racers will receive an invite for the race via the Zwift companion app. It is advised that you accept the invite as soon as possible, so the race leader has a conformation of your invite.

Race Registration: https://forms.gle/KzHMz7yQhJ9Man2y5

Zwift Companion App: https://www.zwift.com/companion

Event meetup:

The E-arly Bird event will be run as a meetup within the Zwift. To improve the race experience, we will be doing a neutral start. Please follow the on-screen instructions from the mentors in the race. Please DO NOT spin up your trainer before the start of the meetup (unlike what normally happens in a Zwift race). The finish line is the blue banner at the end of the set distance. This will be close to a Zwift banner, but it may be slightly before or after the intended banner.

Race schedule:

Time	Event	Length	Duration
8:00 am	Virtual Race Tent (via Zoom)		All morning
9:00 am	Women Category A/B	TBD	~ 45 min
9:05 am	Open Category A/B	TBD	~ 45 min
9:10 am	Women Category C/D	TBD	~ 35 min
9:15 am	Open Category C/D	TBD	~ 35 min
9:45 am	Race debrief and e-Racing Clinic (Tips and Tricks via Zoom)		45 min

Virtual Race Categories:

E-racing categories are determined by the max power that you can average for 20 min, divided by your weight. Specifically this is your watts per kilo or wpk (w/kg). Below is an approximation of how wpk corresponds to your USAC category.

USAC Category	E-racing Category	Typical Men's WPK	Typical Women's WPK
Cat. 1	A	> 4.0 w/kg	> 3.7 w/kg
Cat. 2	B	3.2 - 3.9 w/kg	3.2 - 3.6 w/kg
Cat. 3	C	2.5 - 3.1 w/kg	2.5 - 3.1 w/kg
Cat 4	D	< 2.4 w/kg	< 2.4 w/kg

Virtual Race Tent:

The Virtual Race Tent is an open video chat with Kyle Stewart (Race Coordinator) and any other registered rider that wishes to join the chat. The video chat will be open 1 hour before the first race to help any rider with technical difficulty to quickly notify the race coordinator, so the proper actions can be taken to help that rider join the race. After the races, the Virtual Race Tent will stay available for a short race debrief, followed by a short e-Racing clinic to introduce several tips and tricks for racing on Zwift.

Virtual Race Tent: http://bit.ly/2Zj7IzP

Series Dates and Courses:

Week #1: Sunday, February 21st   Route: "Duchy Estate"

Week #2: Sunday, February 28th   Route: "Champs-Élysées"
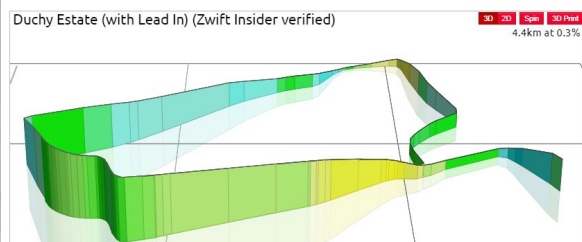
Week #3: Sunday, March 7th   Route: "London Classique"

Courses Descriptions:

"Duchy Estate": This course begins with a 2 km lead-in to the "sprint" banner, followed by a 3.0 km loop with 37 m of climbing per lap.

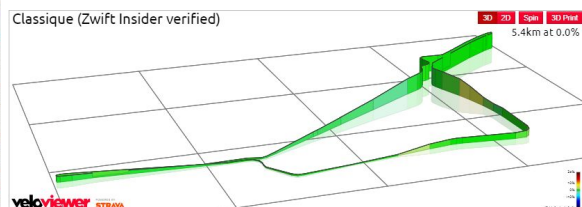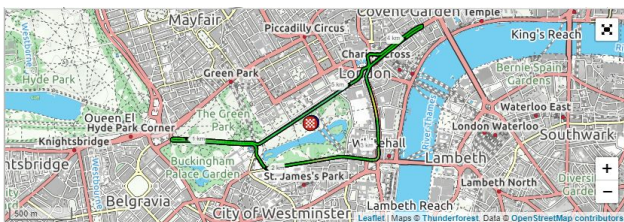Course Link: https://zwiftinsider.com/route/duchy-estate/

"Champs-Élysées": This is a recreation of the final Tour de France stage in Paris. The loop is 6.6 km long with 34 m of climbing per lap.

Course Link: https://zwiftinsider.com/route/champs-elysees/
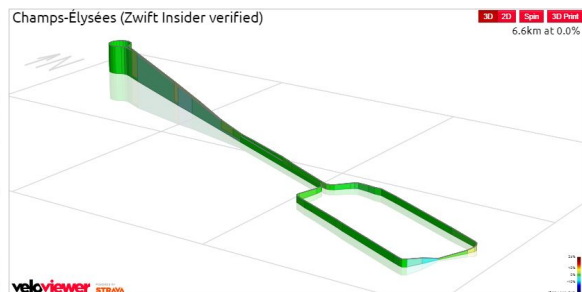
"London Classique": This is a 5.4 km loop with 19 m of climbing per lap.

Course Link: https://zwiftinsider.com/route/classique/

Zwift Beginner Info:

For those of you who are just starting out with Zwift, below are some helpful links for getting started with Zwift; also, feel free to contact us if you have any questions. The NCNCA E-arly Bird contact information is listed in the Contact Us section below.

Zwift download: https://zwift.com/download

First-time User Video: https://www.youtube.com/watch?v=5MI7Jfamd-Q

What is Needed:

You will only need 5 types of items to race in the Early Bird NCNCA Zwift Races:

1. bike
2. trainer
3. sensor
4. device to run Zwift
5. A Zwift subscription (currently $15/month)

If you need assistance with any of the above requirements, please reach out to: Ridersupport@ncnca.org

You may use any kind of bike on Zwift as long as it is not an e-bike. The trainer can vary from your normal stationary trainer or rollers up to a wattbike or smart trainer. If you would like to use a normal trainer, there are several options for the kind of sensor set you are able to use. The most basic are speed and cadence sensors that can connect to either ANT+ or Bluetooth; a good list of the sensors is in the link below. The second kind of sensor set that can be used is a power meter or power pedal system. If you are using a smart trainer, your setup is straight forward; start Zwift and follow the pairing set up step by step. Those using the speed and cadence sensors set up, follow the link below for an easy, step-by-step video.

Speed and cadence set up: https://support.zwift.com/en_us/speed-and-or-cadence-sensors-ryZdj7beB

Zwift can be run on many different devices ranging including phones, tablets, and computers. A list of compatible devices is below. We suggest that you join at least 30 min prior to your race to ensure you can connect. The Virtual Race Tent will be open at 8 am to assist racers with technical issues.

Zwift compatible devices: https://support.zwift.com/en_us/supported-devices-to-run-zwift-H1Cj9QbeB

Accepting a friend request

The friend request from the ride leader can be accepted through the Zwift companion app. Go to the notification section and press the orange "friend" button.
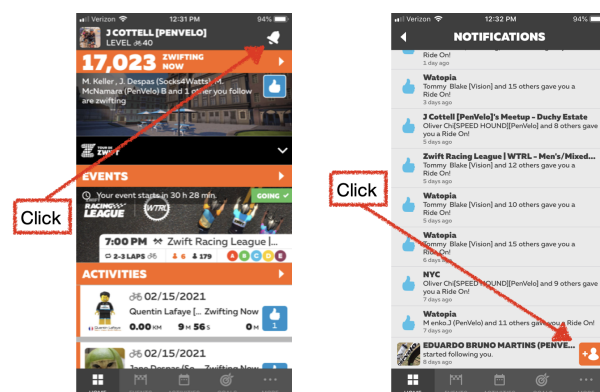
Joining a Meetup

First, you must accept the meetup invitation. This can be done using the Zwift companion app. Once you have accepted, the meetup should remain visible on both the companion app and the Zwift startup screen.
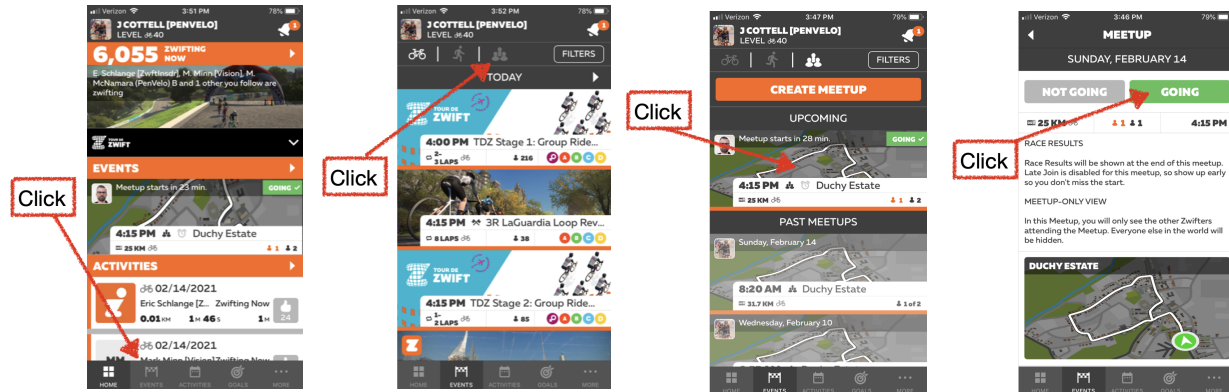
Joining a meetup is done within the Zwift game. The meetup should be available to join up to 30 min prior to the start of the event. Launch the Zwift program and join any Zwift world. Once your avatar has loaded, a "Join Meetup" button should appear on the bottom left portion of your screen (see figure below). If you click this button, you will be transported to the Zwift world that contains that event meetup. You will be able to continue pedaling until the meetup begins, but your avatar will remain at the meetup start location. If you do not click the "Join Meetup" button, Zwift will launch a dialog box, usually when there is less than 5 min remaining before the event starts. You can either click the "Let's Go" button or wait for the timer to run out, and Zwift will automatically transfer you to the meetup.
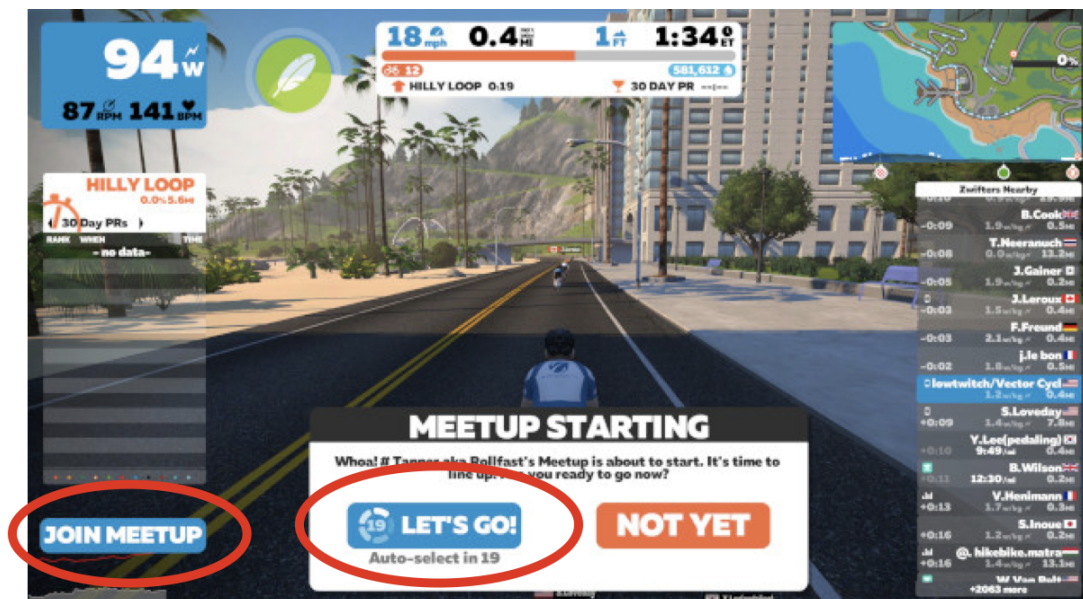
Meetup Finish Line

The finish line for the meetup is a blue banner that appears across the virtual road (see figure below). We will try to set the finish line close to a Zwift banner (Sprint, KOM/QOM, or Lap banner), however it may be slightly before or after the intended Zwift banner. If you are dropped from the main group and you are not able to ride back to the peloton, feel free to slow and wait for the group to come back around the course. When the race is done, you can either continue after the group finishes and ride the complete distance, or you can quit the meetup after the main group finishes.

Race Kits

There are initial in-game kits that are available in Zwift. If you would like to use a different jersey, or if you would like to coordinate with your teammates, there are additional jerseys that you can use. Below is the link to unlock free Zwift kits for you or your team. Please be aware that promo codes do not work in the companion app, you must use a computer or a device with an external keyboard.

Zwift Kits: https://zwiftinsider.com/kits/

<u>Additional Tips</u>

Below are a few additional tips that you should be aware of as a new Zwift racer. We will be going over these and many more tips in the Zwift e-Racing clinic each Sunday.

1. Don't panic if other riders disappear. Zwift runs with a bit of a buffer. If your internet is not stable, the program will keep recording and show other riders once the connection is reestablished.
2. If you are using a wheel-on trainer, make sure that your tire pressure is properly adjusted
3. You can set the trainer difficulty in the Zwift menu. This is the percentage of resistance the trainer will apply. Most riders adjust this to between 30 and 50%.
4. Pay attention to the maps in the top right corner. This shows the gradient coming up so you can anticipate hills and descents.
5. If you do not see the "Join Event" button, sometimes is helps to 1) exit zwift 2) go to the companion app 3) decline and re-accept the meetup 4) rejoin Zwift.
6. We will be doing a neutral start for these event, however many events do not do this. For other events, start pedaling with a high tempo a few seconds before the event starts.

Contacts:

NCNCA Zwift Racing Coordinator: Kyle Stewart

Email: Kylestewart1990@gmail.com

NCNCA Board Member: Andréa Cherniak-Tyson

Email: ridersupport@ncnca.org

NCNCA Zwift Racing Committee member: Jeromy Cottell

Email: cottell26@yahoo.com

NCNCA Zwift Racing Committee member: Brian Kellison

Email: bkellison@gmail.com

NCNCA Zwift Racing Committee member: James Ruffin

Email: whtsnanam@gmail.com